

YOUTH ROOKIE PLUS VOLLEYBALL RULES & GUIDELINES

I. General

- A. The YMCA Rookie Plus program focuses on skill development, fun, and a sense of team in a semi competitive environment. Scores and standings will be kept.
- B. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth volleyball leagues.
- C. Divisions are determined by the player's age and grade as of August 15, 2023.

***The Y reserves the right to adjust divisions based on player enrollment.**

II. Coach/Parent/Player Expectations

- A. Late Policy: It is imperative for games to start on time. Nevertheless, there is a 5 minute grace period for the start of the game if a team does not have at least 4 players. Teams can start with 4 players. If after the 5 minute time period a team is unable to start 4 players the game will not be played
- B. No Show Policy: Make every effort to show-up for your game. If your team cannot show-up for a game, that game will count as a loss and will not be rescheduled. If your team misses more than 2 games in a season, your team will be removed from the league without a refund.
- C. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
 - 1. Coaches/Parents/Players will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
 - 2. Coaches/Parents/Players will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
 - 3. Coaches/Parents/Players will refrain from using profanities while representing the YMCA.
- D. Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate the coach.
- E. Coaches and players should learn and work to fully understand both standard volleyball and specific Y league rules.
- F. Coaches will play all players on their roster 50% of the game.
- G. All divisions: coaches must remain on the sidelines and on their half of the court during play.
- H. Coaches will complete all aspects of onboarding, including completion of criminal background check and online volunteer application and attendance at Y coaches meeting.
- I. Coaches are all volunteers. Administrative support and equipment will be offered by the YMCA of Central Texas.

By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year

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III. Teams

- A. Teams will be formed with the following taken into account:
- Grade (as of August 15, 2023, is deciding factor of what division they fall in)
 - Age
 - Friend/Coach requests
 - Practice day availability
- B. Players will remain on the same team throughout the entire season.
- C. Teams shall have no more than 10 players, unless specifically changed by Sports Director.
- D. Six players per team shall participate at any one time. In the event that one team has only 4 players. No official game will be played with fewer than 4 players per team.
- E. Only players on Y rosters are permitted to participate in practices and games. YMCA Uniforms are required to play in the game. Knee pads may be worn.
- F. For injuries, play must be stopped at once. Players may return to their bench or take a knee on the court.

IV. Game Play

- A. Any player that attends and participates in practice on a regular basis, is expected to play a minimum of 50% of game. No player may play the full game. Players not regularly attending practices (participating) and games may have limited playing time. Sports director must be contacted before limits put in place.
- B. Score:
1. 3rd/4th & 5th/6th: Score will be kept. 1st 2 games to 21, Cap at 25. 3rd game to 15, Cap at 25. Rally score, win by 2. All 3 sets will be played in regular season.
 2. 7th/8th: Score will be kept. 1st 2 game to 21, Cap at 25. 3rd game to 15, Cap at 25. Rally score, win by 2. All games will be played best of 3. (If one team wins the first 2 sets, the 3rd set will not be played.
 3. In tournament play (3rd/4th and 5th/6th), sets will be best of 3.
- C. Time Outs:
1. 3rd/4th, 5th/6th & 7th/8th: 1 per set. Timeouts do not carry over.
- D. Player Rotation:
1. Rotate in at center back position. **A new player must rotate in on every serve after a side out and the new player must move into the center back position.**
- E. Out/In Bounds:
1. The ball is in if it hits any part of the perimeter line. The ball is out if goes outside of the perimeter line, the antennas, or hits the walls.
 2. Ceiling: If the ball hits any part the ceiling, including the basketball goals, and lands on the opposite teams side of the net it results in a side out. If the ball hits the ceiling and lands on the same side, the ball is still in play.
- F. Spiking:
1. 1st/2nd, 3rd/4th & 5th/6th: A spike can be performed on the front row or the back row, but the back row player may not spike on the front row unless their feet are planted on the ground.



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G. Setting:

1. 3rd/4th, 5th/6th & 7th/8th: On serve receive, you are allowed to set the ball. A lift or carrying will be called if the ball looks like it was held on to or thrown or if the players hand is open and turned upright.

H. In the Net:

1. 3rd/4th: Not called at all.
2. 5th/6th: Acceptable as long as no play advantage or player interference is made.
3. 7th/8th: Any contact with the net will be called and result in a side out.

V. Serving

A. Serving Location:

1. 3rd/4th: Overhand or underhand from the up line (15 ft from net). Stepping on service line acceptable as long as foot is not completely over. (Overhand servers may be moved back at refs discretion).
2. 5th/6th: Overhand or underhand from the 25 ft from net. (main basketball court sideline). Stepping on service line acceptable as long as foot is not completely over. (Overhand servers may be moved back at refs discretion).
3. 7th/8th: All serves must be from behind the end line. Stepping on service line results in side out.

B. Number of Serves:

1. 3rd/4th & 5th/6th: 4 per player. Side out after 4 consecutive team points.
2. 7th/8th: Unlimited.

C. Stepping on the Line:

1. 3rd/4th & 5th/6th: Acceptable as long as the players foot does not completely cross the serving line.
2. 7th/8th: Player cannot step on or over the line, it will result in a side out.

D. Ball hitting the Ceiling:

1. If the ball hits the ceiling (including the basketball goal) on a serve:
 - i. 3rd/4th: the result will be one (1) re-serve. If it hits the ceiling again, side out.
 - ii. 5th/6th & 7th/8th: the result will be a side out.

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AGE GROUP	BALL SIZE	NET HEIGHT	REFEREE	SCORE	SERVING LINES	SERVING LINE COLORS PER BRANCH
3rd/4th Coed	Volley-Lite	7 Feet	1 Up Judge, 2 parent volunteer line judges	1st 2 games to 21, Cap at 25. 3rd game to 15, Cap at 25. Rally score. Win by 2. All 3 sets will be played in regular season.	Overhand or underhand from the up line (15 ft from net). Stepping on service line acceptable as long as foot is not completely over. (Overhand servers may be moved back at refs discretion).	CHASCO: OUT OF BOUNDS: White Serving Lines: 3rd/4th: Tan (Over/Underhand) 5th/6th: Black (Over/Underhand) 7th/8th: White (Over/Underhand)
5th/6th Coed	Volley-Lite	7 Feet 4 Inches (Regulation)	1 Up Judge, 2 parent volunteer line judges	1st 2 games to 21, Cap at 25. 3rd game to 15, Cap at 25. Rally score. Win by 2. All 3 sets will be played in regular season.	Overhand or underhand from the 25 ft from net. (main basketball court sideline). Stepping on service line acceptable as long as foot is not completely over. (Overhand servers may be moved back at refs discretion).	HUTTO: OUT OF BOUNDS: White Serving Lines: 3rd/4th: Red (Over/Underhand) 5th/6th: Black (Over/Underhand) 7th/8th: White (Over/Underhand)
7th/8th Coed	Official	7 Feet 4 Inches (Regulation)	1 Up Judge, 2 parent volunteer line judges	1st 2 games to 21, Cap at 25. 3rd game to 15, Cap at 25. Rally score. Win by 2. Best of 3 during regular season.	All serves must be from behind the end line. Stepping on service line results in side out.	TWIN LAKES: OUT OF BOUNDS: Gray Serving Lines: 3rd/4th: White (Over/Underhand) 5th/6th: Red (Over/Underhand) 7th/8th: Gray (Over/Underhand)